

Click [HERE](#) to find a [Map](#) of gym locations to make your workouts most convenient!!

Need help?

For assistance in starting an exercise program that is appropriate for you, contact one of our Exercise Physiologists for a Preventive Exercise session.

Phone:
376-3939

E-mail:
omchew@rl.gov

Web:
hanford.gov/health

NOTE: Check the Hanford Recreation Association website for additional gyms and discounts. Contact your company Human Resources/Benefits Administrator to find out if your company offers reimbursements or subsidies relating to gym/personal trainer costs.

Tri-Cities Multi Purpose Gyms & Hanford Employee Discounts

Columbia Basin Racquet Club.....Richland

www.mycbrc.com

Club Amenities:

Fitness/Cardio Equipment, 2 pools (Indoor & Outdoor), Group Classes, Personal Training, Indoor/Outdoor Tennis Courts, Racquetball Courts, Nursery, Physical Therapy/Massage

Hanford Discount:

\$3 off monthly dues; Six (6) 1/2 hr sessions with a Personal Trainer through "Face to Face Program".

For more information: Chrystal, 509-943-8416 or chrystalhillis@my-cbrc.com

LifeQuest Fitness Center.....Pasco

www.lifequestfitness.net

Club Amenities:

Fitness/Cardio Equipment, Women's Zone, Basketball Courts, Soccer House, FAST Youth Sports Training, Rock Climbing, Personal Training, Group Classes, Childcare and Pre-Teen Center

For more information: 509-545-5191

Kia Ora Fitness.....Kennewick

www.kiaorafitness.com

Club Amenities:

Fitness/Cardio Equipment, Indoor Pool, Group Classes, Personal Training, Basketball Court, Nursery, Massage

Hanford Discount: Offers Hanford employees a discount of \$3 on monthly dues.

For more information: 509-735-3221 or corporate@kiaorafitness.com

Tri City Court Club.....Kennewick

www.tricitycourtclub.com

Club Amenities:

Fitness/Cardio Equipment, Indoor Pools, Group Classes, Personal Training, Indoor Tennis Courts, Racquetball Courts, Basketball Court, Indoor Climbing Wall, Nursery, Physical Therapy/Massage, Water Park

Hanford Discount: \$20 off Joining Fees. (Check TCCC website for current monthly offer.) 68% Solution, a corporate funded option, is also available.

For more information: Jena or Ryan, 509-783-5465 or jena@tricitycourtclub.com or ryan@tricitycourtclub.com

Gold's Gym.....Kennewick & Richland

www.goldsgym.com

Club Amenities:

Fitness/Cardio Equipment, Indoor Pool, Group Classes, Personal Training, Basketball Court, Nursery/Childcare

Hanford Discount:

Corporate Discounts Available.

For more information: Summer, 509-736-1465 or sarbuckle@goldsgymeastwa.com